

Do You Suffer From Trauma?

Common experiences that result in trauma:

- An unstable or unsafe environment
- Separation from a parent
- Serious illness
- Intrusive medical procedures
- Sexual, physical, or verbal abuse
- Domestic violence
- Neglect
- Bullying

After a traumatic event, most of us experience a wide range of physical and emotional reactions. It is important to consider these responses as normal reactions to abnormal events. These experiences may last for days, weeks or even months.

Common emotional symptoms of trauma:

- Shock, denial, or disbelief
- Anger, irritability, mood swings
- Guilt, shame, self-blame
- Feeling sad or hopeless
- Confusion, difficulty concentrating
- Anxiety and fear
- Withdrawing from others
- Feeling disconnected or numb

Common physical symptoms of trauma:

- Insomnia or nightmares
- Being startled easily
- Racing heartbeat
- Aches and pains
- Fatigue
- Difficulty concentrating
- Edginess and agitation
- Muscle tension

Recovering from a traumatic event takes time, and the pace and experience will be unique for each of us. If you notice that your experience is quite difficult or that months have gone by and you don't feel you are functioning at your best, it is likely important to seek out options to help manage your situation.

Indicators that it may be time to seek specialized help:

- Having trouble functioning at home or work
- Suffering from severe fear, anxiety, or depression
- Unable to form close, satisfying relationships
- Experiencing terrifying memories, nightmares, or flashbacks
- Avoiding more and more things that remind you of the trauma
- Emotionally numb and disconnected from others
- Using alcohol or drugs to feel better